



RALEIGH Parks,
Recreation and
Cultural Resources
parks.raleighnc.gov

ADULT PROGRAM

FALL | 2017



BRAND NEW!
Evening classes and free fitness
room access at Five Points –
see inside for details!



ANNE GORDON CENTER FOR ACTIVE ADULTS

1901 Spring Forest Road
Raleigh, NC 27615
Phone: (919) 996-4720
Email: annegordoncenter@raleighnc.gov

FIVE POINTS CENTER FOR ACTIVE ADULTS

2000 Noble Road
Raleigh, NC 27608
Phone: (919) 996-4730
Email: fivepointscenter@raleighnc.gov

WALNUT TERRACE NEIGHBORHOOD CENTER

1256 McCauley Street, Suite 126
Raleigh, NC 27601
Phone: (919) 996-6160
Email: WalnutTerraceCenter@raleighnc.gov

Website: parks.raleighnc.gov

Keyword Search: Adult Program

HOURS OF OPERATION

Monday - Friday, 9:00am - 6:00pm
The centers will be closed on Sept. 4th, Nov. 10th, Nov. 23rd & 24th, Dec. 25th & 26th.

HOW TO REGISTER

Mail-In

Send registration form and payment to any of the three centers.

Walk-In

Bring your completed registration form and payment to any staffed Parks and Recreation sites during regular business hours.

Online with Reclink

Visit reclink.raleighnc.gov. Reclink allows you to search for programs age, location, barcode, or keyword. With your Family PIN and Client Barcode you can then complete your registration and payment online.

All centers are easily accessible via public transportation:

- Anne Gordon Center for Active Adults: Use GoRaleigh Route 1 and transfer at Triangle Town Center to the 25L connector route.
- Five Points Center for Active Adults: Use GoRaleigh Route 2
- Walnut Terrace Neighborhood Center: Use GoRaleigh Route 21

For more information please visit <https://www.raleighnc.gov/transit/>

HOW TO READ COURSE LISTINGS

Course Title	BASICS WITH BARB For those who have taken Introduction to Computer Applications in the past or have previous experience with computers and just want a refresher.			
Course Location + Fee	Five Points Center for Active Adults #129908	May 5-12	W	Course Fee: \$40 9:30 AM-11:30AM
	Course Barcode	Course Dates	Course Day	Course Time

STAFF DIRECTORY

Todd Riddick

Adult Program Director
(919) 996-2151
Todd.riddick@raleighnc.gov

Carmen Rayfield

Adult Program Manager
(919) 996-4734
Carmen.rayfield@raleighnc.gov

Brian Philpot

Anne Gordon Center for Active Adults Director
(919) 996-4724
Brian.philpot@raleighnc.gov

Jennifer Tabery

Five Points Center for Active Adults Director
(919) 996-4733
Jennifer.tabery@raleighnc.gov

ART PROGRAMS

ACRYLIC PAINTING FOR BEGINNERS

This class is for those who want an introduction to acrylic painting or want to expand their painting experience. Students will receive a list of materials to purchase on their own.

Five Points Center for Active Adults				Course Fee: \$65
#208847	Sep 11-Dec 18	M	10:30 AM-1:30 PM	
#208848	Sep 6-Dec 27	W	12:30 PM-3:00 PM	

BLUEGRASS JAM

Join other musicians for a weekly bluegrass jam session. All levels are welcome. Come to play or come to listen!

Five Points Center for Active Adults				Course Fee: \$10
#212205	Sep 6-Dec 27	W	3:00 PM-5:00 PM	

CERAMICS BASICS - PAINTING GREENWARE

This class introduces students to painting greenware to create beautiful pieces. Students will be given a supply list of necessary materials to purchase on their own. Instructor: Ann Long.

Five Points Center for Active Adults				Course Fee: \$10
#211201	Sep 6-Dec 27	W	9:30 AM-12:00 PM	

CRAFT GROUP

Join your fellow crafters for this craft program. Bring your own unfinished items to work on, or assist with projects for donation to local hospitals and charitable organizations.

Five Points Center for Active Adults				Course Fee: \$10
#208849	Sep 5-Dec 28	M-Th	10:00 AM-11:30 AM	

JOYFUL CHORUS

Enjoy singing? Share your enthusiasm by joining the Joyfuls. Sing for clubs, organizations, groups and events.

Five Points Center for Active Adults				Course Fee: \$10
Joyful Chorus				
#211220	Sep 11-Dec 18	M	12:00 PM-1:00 PM	
Harmony Group				
#211221	Sep 11-Dec 18	M	11:00 AM-12:00 PM	

KNITTING AND CROCHETING

This class is for knitters and crocheters of all levels. Learn basic and new techniques and work on your projects as you socialize with others. Instructor: Judy Bregler.

Anne Gordon Center for Active Adults				Course Fee: \$10
#210384	Sep 5-Oct 24	Tu	2:00 PM-4:00 PM	
#210385	Oct 31-Dec 19	Tu	2:00 PM-4:00 PM	
#210386	Sep 7-Oct 26	Th	2:00 PM-4:00 PM	
#210387	Nov 2-Dec 28	Th	2:00 PM-4:00 PM	



LANDSCAPE INTO ART

Learn about art history through the lens of landscape with a combination of lecture, observation, drawing, and watercolor exercises. This overview of the history of landscape painting is a unique introduction to painting and understanding the human relation to landscape. Each class will start with a slide lecture followed by in-class and at-home drawing or watercolor exercises. It's helpful to have a basic understanding of drawing and a water-based medium but all experience levels are welcome. Materials are provided for first class with a list of recommended supplies and supplemental guides. Instructor: Suzanne McDermott.

Anne Gordon Center for Active Adults		Course Fee: \$35
#211503	Oct 31-Dec 12 Tu	9:15 AM-12:15 PM
Five Points Center for Active Adults		Course Fee: \$35
#211506	Oct 31-Dec 12 Tu	2:00 PM-5:00 PM
#211508	Oct 30-Dec 11 M	6:00 PM-8:30 PM

QUILTING - INTERMEDIATE

This class is designed for individuals who have a basic knowledge of quilting and are comfortable using quilting tools. Bringing your own sewing machine is required. Each session will have a main design, and we will explore other options if time allows. Instructions and a supply list will be available before the session starts. Instructor Martha Killian. For more information, please call 919-996-4720.

Anne Gordon Center for Active Adults		Course Fee: \$15
#210417	Sep 11-Nov 13 M	1:00 PM-4:00 PM

READERS' THEATRE

Readers Theater is much like radio: The script is read (no memorizing) and the story comes alive through the words of the author and the tone, pitch, and emotion of the voices of the actors. Although minimal props and costumes may be used to enhance the story, neither are required. Scripts range from formal, published plays to readings from noted authors. No previous acting experience is required. Plays may be performed before an audience of family and friends.

Five Points Center for Active Adults		Course Fee: \$0
#212905	Sep 11-Dec 11 M(1st & 3rd)	2:30 PM-4:30 pm

Are you interested in teaching a class? Do you have a skill that you are interested in sharing with others? The Adult Program is always interested in new program ideas. We would love to hear your ideas!

REMEMBRANCE CRAFT: NECKTIE ANGELS

Do you have a necktie that belonged to someone special? Items of clothing can help us feel close to the person we have lost, and they are often kept as mementos. Now you can turn that special someone's necktie into a beautiful angel ornament to use at Christmas. There is no fee for this workshop, but pre-registration is needed to assist us in planning. Participants must bring a necktie (not a bowtie).

Sponsors: Heartland Hospice and Resources for Seniors.

Anne Gordon Center for Active Adults		Course Fee: \$0
#210087	Dec 7 Th	11:15 AM-12:45 PM
Five Points Center for Active Adults		Course Fee: \$0
#210088	Nov 16 Th	10:00 AM-11:30 AM

WATERCOLOR THROUGH HISTORY (INTERMEDIATE WATERCOLOR)

Improve your basic watercolor skills while following the history of the watercolor medium. Each class will include a short lecture, a demo, in-class exercises, and at-home assignments copying historic paintings. For this course, it's best to have a basic working knowledge of watercolor painting. Materials provided for first class with a list of recommended supplies. Instructor: Suzanne McDermott.

Anne Gordon Center for Active Adults		Course Fee: \$35
#211480	Sep 5-Oct 24 Tu	9:15 AM-12:15 PM
Five Points Center for Active Adults		Course Fee: \$35
#211481	Sep 5-Oct 24 Tu	2:00 PM-5:00 PM
#211485	Sep 11-Oct 23 M	6:00 PM-8:30 PM



COMPUTER PROGRAMS

Computer classes are taught by Raleigh SeniorTech Ed. For more information on class content, please call (919) 954-3688 to leave a message for the Raleigh SeniorTech Ed instructors. This voicemail is checked frequently and you will receive a return phone call. For information on class registration, please contact the center at which the class is taught.

COMPUTER & EMAIL BASICS FOR BEGINNERS

Prerequisite: Little or no computer skills Applies to Windows 10. This course is for beginners or new users who are starting to get familiar with a computer, mouse and keyboard. Class exercises improve skills in these areas and teach participants to create and save short documents. Students are introduced to the basics of Internet usage, creating an email ID, sending and receiving messages and uploading and downloading attachments and photos.

Five Points Center for Active Adults	Course Fee: \$30
#211907 Sep 26-Oct 31 Tu 2:00 PM-4:30 PM	
#211908 Nov 7-Dec 12 Tu 1:30 PM-3:30 PM	

COMPUTER FUNDAMENTALS - BEYOND THE BASICS

Prerequisite: 'Computer & Email Basics' or equivalent knowledge. Applies to: Windows 10. This course is for students who have basic experience using the mouse and keyboard. Students will learn how to use the different features and functions of Windows 10, how to enter and edit text, and to save and retrieve data files.

Anne Gordon Center for Active Adults	Course Fee: \$20
#211923 Nov 29-Dec 20 W 1:30 PM-3:30 PM	
Five Points Center for Active Adults	Course Fee: \$20
#211928 Sep 8-29 F 1:30 PM-3:30 PM	

EDGE-ING THE INTERNET

Prerequisite: 'Computers & Email Basics for Beginners' or equivalent knowledge. Applies to: Windows 10. This course teaches proper and safe ways to browse the Internet using Microsoft Edge, the Windows 10 browser. The course also covers file downloading, browser customization, favorites and security concepts.

Anne Gordon Center for Active Adults	Course Fee: \$20
#211931 Sep 27-Oct 18 W 9:30 AM-11:30 AM	
Five Points Center for Active Adults	Course Fee: \$20
#211930 Nov 1-22 W 9:30 AM-11:30 AM	

EXCEL: LEVEL I

Prerequisite: Experienced PC user. Applies to MS Office, Windows 7, 8 and 10. This class starts with basic definitions of spreadsheets; continues with calculation examples, and discusses formatting and using color in cells.

Anne Gordon Center for Active Adults	Course Fee: \$10
#211939 Sep 6 W 9:30 AM-11:30 AM	
Five Points Center for Active Adults	Course Fee: \$10
#212174 Nov 29 W 9:30 AM-11:30 AM	

EXCEL: LEVEL II

Prerequisite: Experienced PC users who are familiar with Excel. Applies to: Windows 7, 8 and 10. This class builds on the lessons in the Excel Level 1 class, adding more functions, how to find them, sorting data, drawing a graph, header/footer creation and page-break previews.

Anne Gordon Center for Active Adults	Course Fee: \$10
#211940 Sep 27 W 1:30 PM-3:30 PM	
Five Points Center for Active Adults	Course Fee: \$10
#211945 Nov 17 F 9:30 AM-11:30 AM	

FUN WITH PHOTOS - GOOGLE PHOTOS

Prerequisite: Experienced PC user. Applies to: Windows 10. This class encompasses basic photo editing and sharing photos using the Google Photos app that can be used on most devices.

Five Points Center for Active Adults	Course Fee: \$15
#211948 Nov 8-15 W 9:30 AM-11:30 AM	

FUN WITH PHOTOS - WINDOWS PHOTO GALLERY

Prerequisite: 'Computer & Email Basics' or equivalent knowledge. Windows Photo Gallery can be used to organize, edit, create and share your photos. This workshop will cover transferring photos from your camera to your computer and basic editing.

Anne Gordon Center for Active Adults	Course Fee: \$15
#211949 Dec 8-15 F 9:30 AM-11:30 AM	
Five Points Center for Active Adults	Course Fee: \$15
#211950 Oct 26-Nov 2 Th 1:30 PM-3:30 PM	

GENEALOGY FUN USING ANCESTRY.COM

This class is for knowledgeable computer users experienced with Web browsing, and are beginning or casual Ancestry.com users. The class will teach you how to build and add members to your family tree on Ancestry.com using its tree storage and research capabilities, such as Hints and Search. Users may already have an Ancestry account or instructor will advise how to get a trial subscription before class start date. Students may bring personal laptops or use classroom PC.

Five Points Center for Active Adults	Course Fee: \$30
#211963 Nov 6-Dec 11 M 1:30 PM-3:30 PM	

GET YOUR HEAD IN THE CLOUD WITH MS ONE DRIVE

Prerequisite: Experienced PC and Windows user. This seminar is an introduction and overview of Microsoft's 'Cloud' storage site 'OneDrive.com'. We will explore how to use its features through Windows 10 File Explorer and their website.

Five Points Center For Active Adults	Course Fee: \$10
#211967 Nov 17-Dec 1 F 1:30 PM-3:30 PM	

COMPUTER PROGRAMS

Computer classes are taught by Raleigh SeniorTech Ed. For more information on class content, please call (919) 954-3688 to leave a message for the Raleigh SeniorTech Ed instructors. This voicemail is checked frequently and you will receive a return phone call. For information on class registration, please contact the center at which the class is taught.

GOOGLE CAN DO THAT?

Prerequisite: 'Computer Fundamentals' or equivalent knowledge. In this workshop, you will learn about and how to use several free Google applications, including Google Maps, Google Earth, Google Drive, Google Books, YouTube, Calendar and others.

Five Points Center for Active Adults Course Fee: \$15
#211969 Nov 9-16 Th 1:30 PM-4:00 PM

GOOGLE CHROME

Prerequisite: 'Computer Fundamentals' or equivalent knowledge. Applies to: Windows 10. This class will teach students to install and use the internet browser Google Chrome. Students may bring their personal laptops to the workshop or use one of ours to get hands-on experience.

Five Points Center for Active Adults Course Fee: \$15
#211971 Sep 5-12 Tu 9:30 AM-11:30 AM
#211972 Oct 3-10 Tu 9:30 AM-11:30 AM
#211974 Nov 7-14 Tu 9:30 AM-11:30 AM
#211975 Dec 5-12 Tu 9:30 AM-11:30 AM

IOS #1: IPAD/IPHONE- INTRODUCTION TO THE BASICS

Do you plan on getting an Apple iOS device or are not sure how to use the one you have? This course will teach you how to set up your iPhone or iPad, provide a brief overview of the many available applications (Apps). Bring your own iDevice and your Apple ID and Password.

Anne Gordon Center for Active Adults Course Fee: \$10
#212000 Oct 6 F 9:30 AM-12:00 PM
Five Points Center for Active Adults Course Fee: \$10
#211999 Sep 14 Th 9:30 AM-12:00 PM

IOS #2: GETTING TO KNOW YOUR IPHONE

This course illustrates the capabilities and underlying concepts of the Apple iPhone. You will learn basic set up, making simple phone calls, and other features like 'Do Not Disturb'. Includes a brief overview of the many applications available, such as Safari, Mail, Calendar and Contacts. Bring your iPhone, Apple ID and password.

Anne Gordon Center for Active Adults Course Fee: \$10
#212003 Oct 13 F 9:30 AM-12:00 PM
Five Points Center for Active Adults Course Fee: \$10
#212002 Sep 19 Tu 9:30 AM-12:00 PM

IOS #3: GOING FURTHER WITH BUILT-IN APPS

Prerequisite: iOS#1, iOS#2, or equivalent knowledge. Applies to iPhone, iPad, or iPod Touch. This course will cover email, contacts, calendars, Notes, Maps, Facetime, and the App Store. It will also show you how to use eBook readers and how to borrow electronic books from the library. Bring your iDevice and your Apple ID and password.

Anne Gordon Center for Active Adults Course Fee: \$10
#212005 Oct 20 F 9:30 AM-12:00 PM
Five Points Center for Active Adults Course Fee: \$10
#212004 Sep 28 Th 9:30 AM-12:00 PM

IOS #4: ENHANCE WITH NEW CONTENT

Prerequisite: iOS#1, iOS#2, or equivalent knowledge. Applies to iPhone, iPad, or iPod Touch. Learn how to search and download the great variety of content from the App Store, the iTunes Store, and the iBooks store, and how to check out e-books from the Wake County Public Library. Bring your iDevice and your Apple ID and password.

Anne Gordon Center for Active Adults Course Fee: \$10
#212009 Oct 27 F 9:30 AM-12:00 PM
Five Points Center for Active Adults Course Fee: \$10
#212008 Nov 2 Th 9:30 AM-12:00 PM

IOS #5: INTRODUCTION TO ICLOUD

Prerequisite: iOS#1, iOS#2, or equivalent knowledge. The iCloud service allows users to securely store personal computer files on Apple's iCloud servers and access them from multiple devices. It also lets you sync multiple devices, including your iPad, iPhone, iPod and PCs running Mac OS or Windows. Consider it a highly capable personal Internet hard drive! This class will show you how to set up an account and make the best use of the service. Bring your own iDevice, Apple ID, and Password.

Anne Gordon Center for Active Adults Course Fee: \$10
#212014 Nov 3 F 9:30 AM-12:00 PM
Five Points Center for Active Adults Course Fee: \$10
#212013 Nov 9 Th 9:30 AM-12:00 PM

IOS #6: GETTING TO KNOW SIRI

Prerequisite: Intermediate iDevice user. Siri is an Apple iPhone and iPad personal assistant app, using natural language to answer questions, make recommendations, and send requests to services like Google Maps and more.

Five Points Center for Active Adults Course Fee: \$10
#212017 Oct 17 Tu 9:30 AM-12:00 PM

Please be sure to read course prerequisites in the course description to be sure that you register for the appropriate level class.

MICROSOFT WORD: INTRODUCTION

Prerequisite: Experienced PC user. This seminar gives an overview of text management using MS Word functions to create a document, including keying, font selection, numbered lists, spellcheck, page layout, format styles and adding a table of contents.

Anne Gordon Center for Active Adults		Course Fee: \$10
#212019	Sep 6 W	1:30 PM-3:30 PM
Five Points Center for Active Adults		Course Fee: \$10
#212018	Nov 29 W	1:30 PM-3:30 PM

PASSWORD MANAGEMENT

Prerequisite: Computer Fundamentals or equivalent. This seminar will help students understand the importance of good password management and introduce an online application to store and manage passwords securely.

Five Points Center for Active Adults		Course Fee: \$10
#212021	Sep 26 Tu	9:30 AM-11:30 AM
#212023	Oct 31 Tu	9:30 AM-11:30 AM
#212024	Nov 28 Tu	9:30 AM-11:30 AM
#212025	Dec 19 Tu	9:30 AM-11:30 AM

PC WORKSHOP

This workshop is for anyone who wants to practice class exercises or has questions about using the computer.

Five Points Center for Active Adults		Course Fee: \$0
#211230	Sep 11-Dec 18 M	9:30 AM-11:30 AM

POWERPOINT: INTRODUCTION

Prerequisite: Experienced PC user. This Seminar explains basic presentation definitions and shows how to create various page and slide types, and how to use transitions and other tips to produce effective presentations.

Anne Gordon Center for Active Adults		Course Fee: \$10
#212030	Dec 1 F	9:30 AM-11:30 AM
Five Points Center for Active Adults		Course Fee: \$10
#212029	Oct 27 F	1:30 PM-3:30 PM

PROTECT YOUR COMPUTER

Learn about different types of viruses, ways to prevent infection and a comparison of the different anti-virus software. And most importantly, what to do if your computer comes down with a virus.

Five Points Center for Active		Course Fee: \$10
#212037	Nov 16 Th	9:30 AM-11:30 AM

SKYPE: AN INTRODUCTION

Prerequisite: Computer Fundamentals or equivalent. This seminar shows the basics of how to use Skype to communicate with family and friends. Skype is a free program that allows you to communicate by voice and video with other users around the world. Anyone with internet access can create a Skype account.

Five Points Center for Active Adults		Course Fee: \$10
#212040	Oct 6 F	9:30 AM-12:00 PM

WHERE'S MY STUFF?

Prerequisite: Computer Fundamentals or equivalent. This course offers ways to manage data storage and files, covers folder creation, structure, and organization using Windows Explorer.

Five Points Center for Active Adults		Course Fee: \$20
#212041	Oct 4-25 W	1:30 PM-3:30 PM

WINDOWS 10 OVERVIEW

Prerequisite: Experienced PC User. This seminar will discuss the basics of the new Windows 10 Operating System and help you get started using this new software. Students are encouraged to bring their own Windows 10 laptops.

Anne Gordon Center for Active Adults		Course Fee: \$10
#212049	Sep 8 F	9:30 AM-11:30 AM
Five Points Center for Active Adults		Course Fee: \$10
#212050	Oct 16 M	1:30 PM-3:30 PM

WINDOWS 10: WHAT'S NEW?

Prerequisite: Computer Fundamentals or equivalent. The class offers an introduction to Windows 10. It provides an overview of new features, such as the new Start menu, taskbar, customization and the revised File Explorer. Students are encouraged to bring their own Windows 10 laptops.

Anne Gordon Center for Active Adults		Course Fee: \$20
#212052	Oct 18-Nov 8 W	1:30 PM-4:00 PM
#212055	Nov 22-Dec 13 W	9:30 AM-11:30 AM
Five Points Center for Active Adults		Course Fee: \$20
#212056	Sep 14-Oct 5 Th	1:30 PM-3:30 PM

WINDOWS BACKUP

Prerequisite: Computer Fundamentals or equivalent. This seminar explores the importance of backing up your computer onto various storage devices. Students will learn how to automate regularly scheduled computer backups. Several methods of backing up data will be discussed.

Anne Gordon Center for Active Adults		Course Fee: \$10
#212058	Nov 1 W	9:30 AM-11:30 AM
Five Points Center for Active Adults		Course Fee: \$10
#212057	Nov 30 Th	9:30 AM-11:30 AM



EDUCATIONAL CLASSES

AGING SUCCESSFULLY IN COMMUNITY

Let's talk about the next stage of your life. What does it take to be healthy, safe, have purpose and enjoy your life? We want to explore with you the fun and remarkable benefits of aging in community. Presented by Dona McNeill and Kayelily Middleton with Raleigh Cohousing.

Anne Gordon Center for Active Adults Course Fee: \$0
#210098 Oct 19 Th 11:00 AM-12:00 PM

Five Points Center for Active Adults Course Fee: \$0
#210099 Oct 17 Tu 11:00 AM-12:00 PM

ALZHEIMER'S FAMILY CARE: WHAT HELPS?

Alzheimer's family caregivers have been described as a 'shadow workforce, invisible and assumed'. Families Caring for An Aging America (2016) found 8.5 million family members providing help to 4.9 million high-need older adults. Seventy percent of these family members are caring for individuals with Alzheimer's and related disorders. There are known and tested approaches to help these families provide effective personalized care while addressing known risks to the family caregiver's health and well-being. This presentation by Lisa P. Gwyther, MSW, LCSW from the Duke Family Support Program will offer approached for caring families, their friends, and communities.

Five Points Center for Active Adults Course Fee: \$0
#210257 Nov 14 Tu 10:30 AM-11:30 AM

ENSURING SAFETY IN AGING

89% of people over the age of 50 want to remain in their home indefinitely. Join us to discuss ways to ensure safety in aging and increasing the odds of staying at home. Topics range from natural changes in aging, identifying cognitive changes, assessing your home, preventing falls, managing medications, and discovering options when you need a little help. Sponsored by Always Best Care Senior Services.

Five Points Center for Active Adults Course Fee: \$0
#212181 Nov 28 Tu 10:30 AM-11:30 AM

FINANCE: WEALTH MANAGEMENT STRATEGIES FOR WOMEN

Carla Liberatore, a Merrill Lynch Wealth Management Advisor, will provide guidelines for effective retirement planning and investing to women who are financially comfortable but may feel left out of the conversation about their ongoing financial wellbeing. The workshop will include a discussion of the key financial planning and investing issues for women ages 50 and older and a helpful question and answer time.

Anne Gordon Center for Active Adults Course Fee: \$0
#211659 Oct 9 M 2:00 PM-3:00 PM

Five Points Center for Active Adults Course Fee: \$0
#211600 Sep 19 Tu 1:00 PM-2:00 PM

FINANCE: BASICS OF PROBATE

Representatives from McCuiston Law Offices, PLLC will discuss the legal documents and procedures you need to consider for your estate planning. Co-sponsored by Resources for Seniors.

Five Points Center for Active Adults Course Fee: \$0
#210089 Oct 17 Tu 1:00 PM-2:00 PM

FINANCE: MEDICARE 101

The Seniors' Health Insurance Information Program (SHIIP) is a division of the N.C. Department of Insurance that offers free, objective information about Medicare, Medicare supplements, Medicare Advantage plans, Medicare prescription drug plans, Medicare fraud and abuse and long-term care insurance. This seminar will provide a quick explanation of Medicare and a time for questions.

Five Points Center for Active Adults Course Fee: \$0
#210090 Dec 12 Tu 1:00 PM-3:00 PM

FINANCE: SOCIAL SECURITY STRATEGIES FOR RETIREMENT

This class will provide information on how Social Security fits into your retirement income plan, when benefits should be taken and how taxes are best handled. Presented by Edward Jones Investments and Resources for Seniors.

Anne Gordon Center for Active Adults Course Fee: \$0
#210096 Nov 2 Th 1:30 PM-2:30 PM

FINANCE: THE TRUTH ABOUT REVERSE MORTGAGES

Learn about the New Reverse Mortgage with examples from real life scenarios. Topics include: Home Equity Conversion Mortgage or HECM, myths about Reverse Mortgages, and qualifications for a Reverse Mortgage. Learn why one may choose a Reverse Mortgage and the available options of a Reverse Mortgage. Sponsored by Yakin Bank Mortgage and Resources for Seniors.

Anne Gordon Center for Active Adults Course Fee: \$0
#210093 Sep 28 Th 11:00 AM-12:00 PM

Five Points Center for Active Adults Course Fee: \$0
#210092 Sep 26 Tu 2:00 PM-3:00 PM

FINANCE: UNDERSTANDING BENEFICIARY DESIGNATIONS

There are many ways to pass on an inheritance other than a will or trust. Find out about inheritance-related issues when it comes to insurance, 401(k) and IRA plans as well as bank accounts with beneficiary designations, 'in trust for' or 'payable on death' (POD) designations.

Anne Gordon Center for Active Adults Course Fee: \$0
#210094 Oct 23 M 2:00 PM-3:00 PM

Five Points Center for Active Adults Course Fee: \$0
#210095 Oct 3 Tu 2:00 PM-3:00 PM

FIVE WISHES

Having the conversation with family and friends about our advanced directives and living will can be challenging. Five Wishes is a program that provides the opportunity to express your personal, emotional, and spiritual needs. It lets you choose the person you want to make your health care decisions for you in the event you are not able. It helps you decide how you wish to be treated if you get seriously ill. The program was written with the help of the American Bar Association's Commission on Law and Aging. Five Wishes is designed to help you plan for the future. Sponsored by Liberty Hospice Services and Resources for Seniors.

Five Points Center for Active Adults Course Fee: \$0
#210100 Nov 7 Tu 1:00 PM – 2:00 PM

FRENCH: FRENCH LEVEL 1

Learn the basics of the beautiful French language in a fun, hands-on class. You will start from the beginning of French grammar with plenty of repetition and practice. You'll learn to ask questions, hold a simple conversation, find your way, and much more in this 8-week introductory course. Many studies have proven that learning a language at any age improves your brain health! Your teacher spent 13 years living in France and currently teaches French across Raleigh. She looks forward to sharing her love for France with you! Instructor: Kyle Beale

Five Points Center for Active Adults Course Fee: \$60
#213315 Sep 7-Oct 26 Th 10:00 AM-11:30 AM

FRENCH: FRENCH FOR TRAVELERS

Are you planning a trip to France? Wouldn't it be great to communicate in French while you are there? Learn the foundations of French in a class specifically developed for the traveler. You'll cover basic grammar in the context of travel vocabulary, dialogues, and practice. You'll go from basic building blocks to realistic travel situations, and that will enhance your trip to France! Instructor: Kyle Beale

Five Points Center for Active Adults Course Fee: \$60
#213316 Nov 2-Dec 14 Th 10:00 AM-12:00 AM

HEALTH TOPIC: BLOOD PRESSURE SCREENING

Take advantage of the FREE blood pressure screenings offered by Dr. Casey Baldwin with Resources for Seniors; or Jeanne Caron-Mimm, RN with Perpetual Home Care.

Five Points Center for Active Adults Course Fee: \$0
#210260 Sep 5-Dec 18 Tu, M 9:30 AM-10:15 AM

HEALTH TOPIC: DIABETES SELF-MANAGEMENT

This course is a highly participatory workshop facilitated by leaders who follow a detailed manual for consistency. Physicians and other health professionals from Stanford University and the community have supported all the course materials. Participants build confidence in their ability to manage their health and maintain healthy lifestyles while living with Type I or Type II Diabetes.

Five Points Center for Active Adults Course Fee: \$0
#210263 Sep 14-Oct 19 Th 1:00 PM-3:30 PM

HEALTH TOPIC: EATING TO LIVE WORKSHOP

Learn how to incorporate healthy eating habits that will help you feel better, look better and live better. Workshop will cover six topics: understanding processed foods, exploring food label claims (GMO's, gluten free, low fat, low sugar), the link between foods and diseases, know your body, and allergies.

Abbotts Creek Community Center	Course Fee: \$14
#209846 Nov 14-Dec 5 Tu	11:15 AM-12:00 PM
Anne Gordon Center for Active Adults	Course Fee: \$14
#209705 Sep 28-Oct 19 Th	1:15 PM-2:00 PM
Brier Creek Community Center	Course Fee: \$14
#209851 Oct 21-Nov 11 Sa	9:30 AM-10:15 AM
Lake Lynn Community Center	Course Fee: \$14
#209844 Sep 16-Oct 7 Sa	9:30 AM-10:15 AM
Marsh Creek Park	Course Fee: \$14
#209849 Nov 2-30 Th	10:00 AM-10:45 AM
Millbrook Exchange Community Center	Course Fee: \$14
#209847 Oct 17-Nov 7 Tu	11:15 AM-12:00 PM

HEALTH TOPIC: HEALTH TALKS WITH DR. BALDWIN

Dr. Casey Baldwin, RFS senior care pharmacist, will be on site each month to discuss an important health topic for older adults.

Cosponsor: Resources for Seniors.

Five Points Center for Active Adults Course Fee: \$0
#210261 Sep 5-Dec 5 Tu 10:15 AM-11:15 AM

HEALTH TOPIC: HEALTHY EATING 101

With so much information out there on how to eat right it is challenging to make sense of it all. Being healthy through diet can be tricky. Meg Mangan, MS, RD, LDN will help you to identify ways you can practice good health and eat well.

Five Points Center for Active Adults Course Fee: \$0
#210262 Oct 6 F 10:15 AM-11:15 AM



EDUCATIONAL CLASSES

HEALTH TOPIC: PARKINSON'S DISEASE DIALOGUE

Are you living actively in the early stages of Parkinson's disease? Please join us for an inviting open discussion of Parkinson's disease and sharing of experiences in a patient-centered environment. The early goal is to equip us to be 'prosumers' of Parkinson's disease related healthcare by exchanging information, choosing topics for discussion and sharing the collective wisdom. Group meets on the last Friday of each month.

Five Points Center for Active Adults Course Fee: \$0
#210273 9/29, 10/27, 11/17, 12/29 F 1:30 PM-3:00 PM

HEALTH TOPIC: THE IMPORTANCE OF CANCER SCREENINGS

Cancer is the leading cause of death before age 85 and the leading cause of premature death in the United States. Many deaths from cancer can be avoided through early detection. What does screening mean? Screening means having a test that looks for cancer or another disease in people who don't have any symptoms. Some screening tests can find abnormal growths and remove them before they have a chance to turn into cancer. Other screening tests can find cancer early when it's easier to treat. Learn about the importance of early or routine screenings.

Sponsored by Gateway Health and Resources for Seniors, Inc.

Anne Gordon Center for Active Adults Course Fee: \$0
#212830 Oct 30 M 2:00 PM-3:00 PM

Five Points Center for Active Adults Course Fee: \$0
#212831 Nov 3 F 10:30 AM-11:30 AM

HEALTH TOPIC: WHAT IS NATUROPATHIC MEDICINE?

During this program you'll gain an understanding of Naturopathic Medicine and the Naturopathic approach to health. Lorraine Young, Naturopathic Doctor, will also address how Naturopathic Medicine could benefit you and your well-being.

Five Points Center for Active Adults Course Fee: \$0
#210274 Oct 31 Tu 1:00 PM-2:00 PM

IS IT TIME TO LEAVE YOUR HOME?

Gina Murray, certified geriatric care manager, will provide information on how to self-assess yourself or a loved-one in terms of your ability to remain and live safely at home. She covers what the alternatives to living at home are, if it makes sense to move from your home and how a geriatric care manager can help with the transition. A comparison of independent living, assisted living, CCRC's and Skilled nursing facilities are discussed.

Anne Gordon Center for Active Adults Course Fee: \$0
#210101 Nov 30 Th 11:15 AM-12:15 PM

Five Points Center for Active Adults Course Fee: \$0
#210102 Nov 14 Tu 1:00 PM-2:00 PM

MEDITATION FOR HEALTH AND WELL-BEING

Join us on an 8-week journey that will explore a meditation practice that has been shown to positively impact health, memory and overall well-being. The simple practice that will be taught has been tested by researchers at UCLA and Harvard and has been found to minimize stress, improve memory and minimize cognitive problems that precede Alzheimer's and dementia. Participants will be guided on a journey to create their own daily practice and will be supported through weekly sessions covering material on the science behind meditation, how to create a meditation habit, and other mindfulness topics.

Five Points Center for Active Adults Course Fee: \$0
#212252 Sep 6-Oct 25 W 9:30 AM-10:15 AM

MUSIC THERAPY FOR PARKINSON'S DISEASE

Music Therapy for Parkinson's Disease, MT4PD, is a community-based music therapy group, which meets weekly for 45-minute music therapy sessions. Funded through a grant from the National Parkinson Foundation, these FREE sessions will consist of exercises designed by a board-certified music therapist focused on maintaining or improving speech and language deficits that arise from the progression of Parkinson's Disease. MT4PD offers a fun and inviting way for individuals with Parkinson's Disease and their caregivers to connect with other members of the Parkinson's community, while addressing their individual rehabilitation needs. Prior musical experience not required. For more information, please contact Allison Hingley via phone (919-443-9448) or email allison@atlanticmusictherapy.com.

Five Points Center for Active Adults Course Fee: \$0
#213255 Sep 7-Dec 14 Th 4:15 PM-5:15 PM

NOGGIN JOGGIN

Brain training that targets memory, attention and focus may lead to better recollection, faster reaction time and an overall sharper mind. Our Noggin Joggin' brain games aim to stave off dementia, strengthen critical thinking skills and promote brain health. Join us monthly in a variety of brain-stimulating activities to keep our brains active. Sponsored by Resources for Seniors and Homewatch Caregiving.

Anne Gordon Center for Active Adults Course Fee: \$0
#210264 Sep 18-Dec 18 1st/3rd M 1:30 PM-2:30 PM

Five Points Center for Active Adults Course Fee: \$0
#210265 Sep 11-Dec 11 2nd M 1:00 PM-2:00 PM

ONE-ON-ONE CAREGIVER SUPPORT AND GRIEF COUNSELING

Are you the primary caregiver for a loved-one, family member or friend and are looking for support and ways to enhance your caregiving? Kristin Lassiter will provide you with one-on-one counseling to help you in this journey. Have you recently experienced the loss of a loved-one, family member, friend or employment? Maybe you are challenged by a recent medical diagnosis or the move to a new location, Kristin can help you in this journey. Make an appointment to meet with Kristin and learn ways to manage the challenges of caregiving or adjusting to a loss. This free service is sponsored by Heartland Hospice and Resources for Seniors, Inc.

Five Points Center for Active Adults Course Fee: \$0
#210103 Sep 18-Dec 18 M 2:00 PM-3:45 PM

PATH TO PEACE

This small group setting consists of four 75-minute sessions over the course of a month. In addition to general support, this group covers topics such as understanding the grief process, making life adjustments and carrying on without your loved one. There is no fee, but registration is required in advance, and participants are asked to commit to the entire four-week class in order to foster trusting relationships within the group. Sponsors: Heartland Hospice and Resources for Seniors.

Anne Gordon Center for Active Adults Course Fee: \$0
#210113 Sep 7-28 Th 11:15 AM-12:15 PM

PROJECT PREPLAN

You didn't always have a choice. Today, learn about the many options in planning ahead for cremation, burial, anatomical donation and possible future methods of final disposition. Learn why you may not want to rely on life insurance. Learn about Medicaid requirements and ways to protect against overspending, survivor doubt and family quarreling. Planning starts with knowledge. Sponsored by Renaissance Funeral Home.

Anne Gordon Center for Active Adults Course Fee: \$0
#210115 Oct 12 Th 11:00 AM-12:00 PM

Five Points Center for Active Adults Course Fee: \$0
#210117 Oct 10 Tu 2:00 PM-3:00 PM

PUTTING A STOP TO TELEPHONE AND CHARITY SCAMS

Tired of those maddening telemarketing calls and want to put a stop to calls from charities for donations, Brian Reitter from the NC Consumer Council will teach us ways to end these annoyances. Learn why you're a potential target and how to stop unexpected sales calls including robo calls.

Anne Gordon Center for Active Adults Course Fee: \$0
#212358 Nov 2 Th 11:00 AM-12:00 PM

Five Points Center for Active Adults Course Fee: \$0
#212359 Oct 31 Tu 10:15 AM-11:15 AM



EDUCATIONAL CLASSES

QUESTIONS ACROSS THE SPECTRUM DISCUSSION GROUP

Participants will view videos from TED.com, upworthy.com and similar websites on a variety of topics, including nature, leisure, aging, compassion, intervention and science. A back-and-forth exchange of views will deepen understanding of questions and issues raised by living in a complex world. Preregistration is required.

Five Points Center for Active Adults Course Fee: \$0
#211264 Sep 18-Dec 18 1st/3rd M 3:30 PM-5:00 PM

RECOGNIZING AND PREVENTING ELDER ABUSE

Physical and financial abuse of elders is a growing threat, for a number of reasons, to be addressed in this presentation. The sheer number of individuals who are aging, living longer, and with disposable income creates a large group of targets for the unscrupulous. This presentation of the Legal Aid of NC Senior Law

Project will explain various forms of abuse, the reasons behind the vulnerability of seniors, and the 'Red Flags' that can be observed. The intent is to prepare a senior for possible abuse that might occur to him or her, and to see what might be affecting friends or family members, and suggestions of what to do if abuse is suspected.

Anne Gordon Center for Active Adults Course Fee: \$0
#212360 Nov 9 Th 11:15 AM-12:15 PM

Five Points Center for Active Adults Course Fee: \$0
#212361 Oct 24 Tu 12:00 PM-1:00 PM

RESOURCES FOR SENIORS: WHO ARE WE & HOW WE CAN HELP

Resources for Seniors will provide a detailed overview of its agency and the many resources that can be valuable to you or your loved ones.

Anne Gordon Center for Active Adults Course Fee: \$0
#210122 Dec 14 Th 11:00 AM-12:00 PM

Five Points Center for Active Adults Course Fee: \$8
#210123 Dec 14 Th 1:00 PM-2:00 PM

SHIP COUNSELING APPOINTMENTS

These one-on-one appointments with the Seniors' Health Insurance Information Program (SHIP) will help you understand your Medicare options. The trained SHIP volunteer will help you identify Medicare health and drug plans that best meet your needs. You must preregister for a one-hour appointment. Please bring your Medicare card and a list of prescriptions you are currently taking.

Anne Gordon Center for Active Adults Course Fee: \$0
#210124 Sep 11-Dec 18 M 9:30 AM-4:00 PM

Five Points Center for Active Adults Course Fee: \$0
#212256 Sep 6-Dec 27 M,W,Th 1:30 PM-4:30 PM

VA BENEFITS

Informative presentation and overview of available VA benefits including VA Pension Aide & Attendance and Service Connected Compensation Claims: The role and function of the VA Regional Medical Center and Outpatient Clinics inclusive of using DAV for trips to these facilities; locations of VA subsidized assisted living and skilled nursing facilities; Private burial benefits an access to National Cemetery for burial and perpetual care as well as home care and durable medical equipment provision. Presented by the Senior Veterans Council.

Anne Gordon Center for Active Adults Course Fee: \$0
#210258 Oct 26 Th 1:00 PM – 2:00 PM

Five Points Center for Active Adults Course Fee: \$0
#210259 Oct 24 Tu 1:00 PM – 2:00 PM

WRITING YOUR SPIRITUAL BIOGRAPHY

Spirit comes from the word for breath (spiritus). William Finger, MSW, uses poetry and simple exercises as prompts to lead participants into writing on some part of their spiritual journey, with optional sharing within the group. No writing experience needed. The workshop builds on ideas developed by the writer Dan Wakefield (see The Story of Your Life: Writing a Spiritual Autobiography). Finger's memoir, The Crane Dance: Taking Flight in Midlife (2016), recounts how he came to terms with chronic low-grade depression and found new vitality for life through expressive arts and other creative efforts, along with therapy and antidepressants.

Five Points Center for Active Adults Course Fee: \$0
#211505 Sep 11-Oct 2 M 2:00 PM-4:00 PM

WRITING YOUR SPIRITUAL BIOGRAPHY: PART II

This class is designed for those who have taken one of Bill Finger's previous workshops on Writing Your Spiritual Biography. We will use poetry and simple exercises as prompts for participants to write on some part of their spiritual journey, with optional sharing with the group. The workshop builds on the Dan Wakefield book discussed in the introductory class. Bill will provide suggestions and guidance on delving deeper into one of the four parts of the introductory class (childhood, adolescence, friend/mentor, roadmap), including more thematic focus such as loss, major transitions, and milestones.

Five Points Center for Active Adults Course Fee: \$0
#213318 Sep 11-Oct 3 Tu 2:00 PM-4:00 PM

FITNESS CLASSES

60 SECONDS TO GOOD HEALTH

Eat lunch later – exercise now! This lunchtime class features interval training to improve muscle strength and take your fitness to a higher level. All it takes is 60 seconds! Instructor: Raquel

Five Points Center for Active Adults			Course Fee: \$8
#208851	Sep 11-25	M	11:45 AM-12:30 PM
#208852	Oct 2-30	M	11:45 AM-12:30 PM
#208853	Nov 6-27	M	11:45 AM-12:30 PM
#208854	Dec 4-18	M	11:45 AM-12:30 PM

AEROBIC FIT

Aerobic Fit is an Active Adult intermediate level class designed to be fun, challenging and calorie burning! It is perfect for participants who want an energizing activity and who do not need the assistance of a chair. This class includes continuous low-impact aerobic choreography, smooth transitions and sequenced movement repetitions. The class may include the use of mats, weights, resistance bands and small medicine balls. Instructor: Dana Kincaid.

Anne Gordon Center for Active Adults			Course Fee: \$8
#210360	Sep 5-26	Tu	10:15 AM-11:00 AM
#210361	Oct 3-31	Tu	10:15 AM-11:00 AM
#210362	Nov 7-28	Tu	10:15 AM-11:00 AM
#210363	Dec 5-19	Tu	10:15 AM-11:00 AM
#210364	Sep 7-28	Th	10:15 AM-11:00 AM
#210365	Oct 5-26	Th	10:15 AM-11:00 AM
#210366	Nov 2-30	Th	10:15 AM-11:00 AM
#210367	Dec 7-28	Th	10:15 AM-11:00 AM

AGELESS GRACE

Learn 21 simple tools for lifelong comfort and ease! The tools focus on specific areas of the brain and body to improve balance, flexibility, cognitive function and more, all while you are sitting in a chair. It's fun, and best of all, it's easy! Visit www.agelessgrace.com for more information. Instructor: Missy Atkinson

Anne Gordon Center for Active Adults			Course Fee: \$8
#208855	Sep 5-26	Tu	2:00 PM-2:45 PM
#208856	Oct 3-31	Tu	2:00 PM-2:45 PM
#208857	Nov 7-28	Tu	2:00 PM-2:45 PM
#208858	Dec 5-19	Tu	2:00 PM-2:45 PM
Walnut Terrace Neighborhood Center			Course Fee: \$0
#208863	Sep 5-26	Tu	12:00 PM-12:45 PM
#208864	Oct 3-31	Tu	12:00 PM-12:45 PM
#208865	Nov 7-28	Tu	12:00 PM-12:45 PM
#208866	Dec 5-19	Tu	12:00 PM-12:45 PM

BALANCE AND STRENGTH FOUNDATIONS

A series of balance and strength exercises will be used to help improve balance and core strength. Exercises may be done both sitting in a chair and standing with support. Instructor: Sue Payne

Five Points Center for Active Adults			Course Fee: \$8
#211161	Sep 5-26	Tu	10:30 AM-11:15 AM
#211162	Oct 3-31	Tu	10:30 AM-11:15 AM
#211163	Nov 7-28	Tu	10:30 AM-11:15 AM
#211164	Dec 5-19	Tu	10:30 AM-11:15 AM
#211165	Sep 7-28	Th	11:15 AM-12:00 PM
#211166	Oct 5-26	Th	11:15 AM-12:00 PM
#211167	Nov 2-30	Th	11:15 AM-12:00 PM
#211168	Dec 7-28	Th	11:15 AM-12:00 PM



FITNESS CLASSES

BALANCE STRENGTHENING

This class is designed to strengthen your over-all balance! Good balance decreases our risk of falls and helps with our daily activities. We will use core strengthening movements to improve our balance, and you will have the choice to participate standing or sitting in a chair. This strengthening class will not have any impact or high cardio movements. Light weights may be used as an added strengthening option. This class is for all abilities, and no previous fitness experience is required. Instructor: Dana Kincaid.

Anne Gordon Center for Active Adults		Course Fee: \$8	
#210371	Sep 5-26	Tu	11:15 AM-12:00 PM
#210372	Oct 3-31	Tu	11:15 AM-12:00 PM
#210373	Nov 7-28	Tu	11:15 AM-12:00 PM
#210374	Dec 5-19	Tu	11:15 AM-12:00 PM

BENEFITNESS

Age: 50yrs. and up. Strengthen your muscles and improve your range of motion, balance, flexibility and strength through low-impact aerobics, stretching and light weights. Come and enjoy the BeneFitness of exercise! There is no pre-registration for this class. The first 30 people to sign in may attend each day. Instructor: Bill Unger.

Five Points Center for Active Adults		Course Fee: \$0	
#211169	Sep 5-28	Tu, Th	9:30 AM-10:00 AM
#211170	Oct 3-31	Tu, Th	9:30 AM-10:15 AM
#211171	Nov 2-30	Th, Tu	9:30 AM-10:15 AM
#211172	Dec 5-28	Tu, Th	9:30 AM-10:15 AM

BOOTCAMP

Bootcamp classes are a great way to add variety, style and intensity to your workouts. Challenge yourself with 45 minutes of strength and endurance training. Be prepared to sweat in this class, and bring a towel! This is an intermediate/advanced level class. Instructor: Sue Payne

Five Points Center for Active Adults		Course Fee: \$8	
#211179	Sept 5-26	Tu	9:15 AM-10:00 AM
#211180	Oct 3-31	Tu	9:15 AM-10:00 AM
#212649	Nov 7-28	Tu	9:15 AM-10:00 AM
#212650	Dec 5-19	Tu	9:15 AM-10:00 AM
#211173	Sep 6-27	W	1:45 PM-2:30 PM
#211174	Oct 4-25	W	1:45 PM-2:30 PM
#211175	Nov 1-29	W	1:45 PM-2:30 PM
#211176	Dec 6-27	W	1:45 PM-2:30 PM

CARDIO SCULPT

Cardio Sculpt is a combination class that helps burn fat and build muscles. Half of the class is spent doing low-impact aerobic exercises; the other half is spent sculpting major muscle groups. Come get a healthy heart and sculpted muscles all in one class! All levels are welcome.

Five Points Center for Active Adults Course Fee: \$8

Instructor: Raquel Robinson

#211181	Sep 11-25	M	10:15 AM-11:00 AM
#211182	Oct 2-30	M	10:15 AM-11:00 AM
#211183	Nov 6-27	M	10:15 AM-11:00 AM
#211184	Dec 4-18	M	10:15 AM-11:00 AM

Instructor: Linda Thomas

#211185	Sep 5-26	Tu	10:15 AM-11:00 AM
#211186	Oct 3-31	Tu	10:15 AM-11:00 AM
#211187	Nov 7-28	Tu	10:15 AM-11:00 AM
#211188	Dec 5-19	Tu	10:15 AM-11:00 AM

Instructor: Sue Payne

#211189	Sep 6-27	W	10:15 AM-11:00 AM
#211190	Oct 4-25	W	10:15 AM-11:00 AM
#211191	Nov 1-29	W	10:15 AM-11:00 AM
#211192	Dec 6-27	W	10:15 AM-11:00 AM
#211197	Sep 7-28	Th	10:15 AM-11:00 AM
#211198	Oct 5-26	Th	10:15 AM-11:00 AM
#211199	Nov 2-30	Th	10:15 AM-11:00 AM
#212200	Dec 7-28	Th	10:15 AM-11:00 AM

Advanced Level

Instructor: Sue Payne

#212651	Sep 13-27	W	11:15 AM-12:00 PM
#212652	Oct 4-26	W	11:15 AM-12:00 PM
#212652	Nov 1-29	W	11:15 AM-12:00 PM
#212653	Dec 6-27	W	11:15 AM-12:00 PM

CORE, BALANCE AND STRETCH

Participants will strengthen the abs and lower back while practicing balance and improving stability. Equipment will include stability balls, mats and foam rollers. Instructor: Sue Payne

Five Points Center for Active Adults Course Fee: \$8

#211202	Sep 7-28	Th	9:15 AM-10:00 AM
#211203	Oct 5-Nov 2	Th	9:15 AM-10:00 AM
#211204	Nov 2-30	Th	9:15 AM-10:00 AM
#211205	Dec 7-28	Th	9:15 AM-10:00 AM

DANCE XROSS FITNESS

Dance Xross Fitness for Beginners and Boomers. This is an intermediate to advanced level fitness class for our Active Adults Centers. This fun high energy class is geared toward active older adults and combines Dance Fitness, with Kickboxing moves, Strength Training and Soul Line Dancing. Instructor: Linda Monden-Thomas

Anne Gordon Center for Active Adults

Course Fee: \$8

#210380	Sep 11-25	M	11:45 AM-12:45 PM
#210381	Oct 2-30	M	11:45 AM-12:45 PM
#210382	Nov 6-27	M	11:45 AM-12:45 PM
#210383	Dec 4-18	M	11:45 AM-12:45 PM

Five Points Center for Active Adults

Course Fee: \$8

#213003	Sept 5-26	Tu	11:00 AM-11:45 AM
#213004	Oct 3-31	Tu	11:00 AM-11:45 AM
#213005	Nov 7-28	Tu	11:00 AM-11:45 AM
#213006	Dec 5-19	Tu	11:00 AM-11:45 AM

FIVE POINTS FITNESS ROOM

Take advantage of the variety of cardiovascular and strength-training equipment available at the Five Points Center for Active Adults and get into shape.

Five Points Center for Active Adults

Course Fee: \$0

#211206	Sep 5-Dec 29	M/Th	9:00 AM-9:00 PM
		Tu/W/F	9:00 AM-6:00 PM

Five Points Fitness Room Orientation

Course Fee: \$0

Meet with a fitness instructor who will show you the proper way to use the equipment in the fitness room, including body mechanics and machine usage. Please call 919-996-4730 for an appointment.

Five Points Center for Active Adults

Course Fee: \$0

#211207	Sep 5-Dec 28	Tu/Th	9:00 AM-9:30 AM
---------	--------------	-------	-----------------

FOAM ROLLING

This class offers an introduction to using a foam roller to relax muscles and target trigger points. The class builds core strength and will end with a stretch and relaxation period. Hydration is encouraged before and after the class. Instructor: Sue Payne

Five Points Center for Active Adults

Course Fee: \$8

#211212	Sep 6-27	W	12:45 PM-1:30 PM
#211213	Oct 4-25	W	12:45 PM-1:30 PM
#211214	Nov 1-29	W	12:45 PM-1:30 PM
#211215	Dec 6-27	W	12:45 PM-1:30 PM

FUNCTIONAL FITNESS FOR EVERYDAY LIVING

This class will offer a variety of functional free-weight and body weighted exercises that will help strengthen your upper body, lower body and core. This full-body workout will focus on muscle endurance and total body stability, which will help you do day-to-day activities with confidence. In this class, you will be encouraged to move at a slower pace to ensure that proper form is followed and you feel your workout. Instructor: Raquel Robinson

Abbotts Creek Community Center

Course Fee: \$8

#209190	Sep 6-27	W	9:30 AM-10:15 AM
#209191	Oct 4-25	W	9:30 AM-10:15 AM
#209192	Nov 1-29	W	9:30 AM-10:15 AM
#209193	Dec 6-27	W	9:30 AM-10:15 AM
#209194	Sep 1-29	F	9:30 AM-10:15 AM
#209195	Oct 6-27	F	9:30 AM-10:15 AM
#209196	Nov 3-17	F	9:30 AM-10:15 AM
#209197	Dec 1-29	F	9:30 AM-10:15 AM

GENTLE STRETCH

In this chair-based class participants will gently & safely stretch each body part in a quiet relaxing atmosphere. Gentle, structured stretches will allow the body to recognize loss in flexibility and range of motion and work to improve these losses.

Instructor: Sue Payne

Five Points Center for Active Adults

Course Fee: \$8

#211216	Sep 6-27	W	2:30 PM-3:15 PM
#211217	Oct 4-25	W	2:30 PM-3:15 PM
#211218	Nov 1-22	W	2:30 PM-3:15 PM
#211219	Dec 6-27	W	2:30 PM-3:15 PM

LINE DANCE FOR ACTIVE ADULTS

Enjoy a fun workout while learning line dance steps. There is a class for every experience level!

Anne Gordon Center for Active Adults

Course Fee: \$0

Instructor: Tina Brown

Introductory Level

#210390	Sep 1-29	F	2:15 PM-3:15 PM
#210391	Oct 6-27	F	2:15 PM-3:15 PM
#210392	Nov 3-17	F	2:15 PM-3:15 PM
#210393	Dec 1-29	F	2:15 PM-3:15 PM

Beginner/Improver Level

#210394	Sep 1-29	F	1:00 PM-2:00 PM
#210395	Oct 6-27	F	1:00 PM-2:00 PM
#210396	Nov 3-17	F	1:00 PM-2:00 PM
#210397	Dec 1-29	F	1:00 PM-2:00 PM

Five Points Center for Active Adults

Course Fee: \$0

Instructor: Mitzi Kelley

Advanced Beginner Level

#210398	Sep 6-27	M/W	1:00 PM-2:00 PM
#210399	Oct 2-30	M/W	1:00 PM-2:00 PM
#210400	Nov 1-29	M/W	1:00 PM-2:00 PM
#210401	Dec 4-27	M/W	1:00 PM-2:00 PM

Intermediate Level

#210402	Sep 6-27	M/W	2:00 PM-3:00 PM
#210403	Oct 2-30	M/W	2:00 PM-3:00 PM
#210404	Nov 1-27	M/W	2:00 PM-3:00 PM
#210405	Dec 4-27	M/W	2:00 PM-3:00 PM

FITNESS CLASSES

LINE DANCE OPEN STUDIO

Join us for this fun and informal line dance open studio time. There is no instructor, but the regulars can help get you up to speed.

Enjoy dancing to some old favorites while making new friends!

Anne Gordon Center for Active Adults Course Fee: \$0

#210412 Sep 11-Dec 18 M 4:00 PM-5:30 PM

#210413 Sep 5-Dec 19 Tu 4:00 PM-5:30 PM

Five Points Center for Active Adults Course Fee: \$0

#210411 Sep 1-Dec 29 F 1:30 PM-3:00 PM

MEN'S STRENGTH AND CONDITIONING

This class incorporates strength and cardio segments using equipment such as dumbbells, medicine balls and resistance bands for a total body workout all in a men-only environment. Instructor: Sue Payne

Five Points Center for Active Adults Course Fee: \$8

#211222 Sep 5-26 Tu 2:00 PM-2:45 PM

#211223 Oct 3-31 Tu 2:00 PM-2:45 PM

#211224 Nov 7-28 Tu 2:00 PM-2:45 PM

#211225 Dec 5-19 Tu 2:00 PM-2:45 PM

#211226 Sep 7-28 Th 12:00 PM-12:45 PM

#211227 Oct 5-26 Th 12:00 PM-12:45 PM

#211228 Nov 2-30 Th 12:00 PM-12:45 PM

#211229 Dec 7-28 Th 12:00 PM-12:45 PM

PERSONAL TRAINING SESSIONS

These sessions will provide one-on-one training with a certified instructor who will help you meet your personal fitness goals. These sessions are a great way to kick off your fitness routine, keep you motivated or help you identify your fitness needs. Sessions will be scheduled at a time that is mutually convenient for the patron and the instructor.

Five Points Center for Active Adults Course Fee: \$25/session

#211232 Sep 1-Dec 29 M-F 9:30 AM-5:30 PM

PILATES FOR ACTIVE ADULTS

Pilates takes a holistic approach to fitness and well-being. It stretches and strengthens the muscles while improving flexibility, core strength and balance. Modifications are shown for those with back, knee and neck issues. Participants must be able to get on a mat on the floor.

Please bring your own mat.

Five Points Center for Active Adults Course Fee: \$8

Instructor: Marty Lamb

#211236 Sep 11-25 M 9:15 AM-10:00 AM

#211237 Oct 2-30 M 9:15 AM-10:00 AM

#211238 Nov 6-27 M 9:15 AM-10:00 AM

#211239 Dec 4-18 M 9:15 AM-10:00 AM

Instructor: Danielle Jones

#212619 Sep 5-26 Tu 1:15 PM-2:15 PM

#212620 Oct 3-31 Tu 1:15 PM-2:15 PM

#212621 Nov 7-28 Tu 1:15 PM-2:15 PM

#212622 Dec 5-19 Tu 1:15 PM-2:15 PM

Instructor: Marty Lamb

#211243 Sep 7-28 Th 12:00 PM-12:45 PM

#211244 Oct 5-26 Th 12:00 PM-12:45 PM

#211245 Nov 2-16 Th 12:00 PM-12:45 PM

#211246 Dec 7-28 Th 12:00 PM-12:45 PM

#211247 Sep 1-29 F 10:30 AM-11:30 AM

#211248 Oct 6-27 F 10:30 AM-11:30 AM

#211249 Nov 3-17 F 10:30 AM-11:30 AM

#211250 Dec 1-22 F 10:30 AM-11:30 AM

QI GONG

Learn the 24 simple movements of qigong (chee-gong), the ancient Chinese practice of meditation with movement, which is designed to promote internal energy and organ health. Practitioners believe that in addition to the physical exercise, the movements create good energy flow in the body and contribute to overall health. This is a beginner level class. Qigong for Joint Health is conducted both sitting and standing. We will practice guided visualization, simple motion, and balance exercises to improve strength and fluidity of movement to promote bone and joint health. This is a beginner level class.

Instructor: Kathy Bundy.

Anne Gordon Center for Active Adults Course Fee: \$8

Qi Gong

#209662 Sep 5-26 Tu 10:30 AM-11:15 AM

#209663 Oct 3-31 Tu 10:30 AM-11:15 AM

#209664 Nov 7-28 Tu 10:30 AM-11:15 AM

#209665 Dec 5-19 Tu 10:30 AM-11:15 AM

#209666 Sep 1-29 F 10:30 AM-11:15 AM



#209667	Oct 6-27	F	10:30 AM-11:15 AM
#209668	Nov 3-17	F	10:30 AM-11:15 AM
#209669	Dec 1-29	F	10:30 AM-11:15 AM

Qi Gong for Joint Health

#209670	Sep 1-29	F	11:30 AM-12:15 PM
#209671	Oct 6-27	F	11:30 AM-12:15 PM
#209672	Nov 3-17	F	11:30 AM-12:15 PM
#209673	Dec 1-29	F	11:30 AM-12:15 PM

Five Points Center for Active Adults

Course Fee: \$8

#209674	Sep 1-29	F	9:15 AM-10:00 AM
#209675	Oct 6-Nov 3	F	9:15 AM-10:00 AM
#209676	Nov 3-17	F	9:15 AM-10:00 AM
#209677	Dec 1-29	F	9:15 AM-10:00 AM

Walnut Terrace Neighborhood Center

Course Fee: \$0

#209678	Sep 11-25	M	11:30 AM-12:15 PM
#209679	Oct 2-30	M	11:30 AM-12:15 PM
#209680	Nov 6-27	M	11:30 AM-12:15 PM
#209681	Dec 4-18	M	11:30 AM-12:15 PM

SENIORCISE

This class offers low-impact exercises geared toward adults age 50 and older. Strengthen muscles and improve your movement for a healthier lifestyle. The goal of this class is to improve balance, flexibility and strength through stretching, light weights and aerobic activity.

Anne Gordon Center for Active Adults

Course Fee: \$8

Instructor: Dana Kincaid

#209044	Sep 5-26	Tu	9:15 AM-10:00 AM
#209045	Oct 3-31	Tu	9:15 AM-10:00 AM
#209046	Nov 7-28	Tu	9:15 AM-10:00 AM
#209047	Dec 5-19	Tu	9:15 AM-10:00 AM
#209048	Sep 7-28	Th	9:15 AM-10:00 AM
#209049	Oct 5-26	Th	9:15 AM-10:00 AM
#209050	Dec 7-28	Th	9:15 AM-10:00 AM
#209091	Nov 2-30	Th	9:15 AM-10:00 AM

Five Points Center for Active Adults

Course Fee: \$8

Instructor: Dana Kincaid

#209051	Sep 11-25	M	1:30 PM-2:15 PM
#209052	Oct 2-30	M	1:30 PM-2:15 PM
#209053	Nov 6-27	M	1:30 PM-2:15 PM
#209054	Dec 4-18	M	1:30 PM-2:15 PM

Instructor: Bill Unger

#209055	Sep 5-26	Tu	10:15 AM-11:00 AM
#209056	Oct 3-31	Tu	10:15 AM-11:00 AM
#209057	Nov 7-28	Tu	10:15 AM-11:00 AM
#209058	Dec 5-19	Tu	10:15 AM-11:00 AM
#209059	Sep 7-28	Th	10:15 AM-11:00 AM
#209060	Oct 5-26	Th	10:15 AM-11:00 AM
#209061	Nov 2-16	Th	10:15 AM-11:00 AM
#209062	Dec 7-28	Th	10:15 AM-11:00 AM

Greystone Community Center

Course Fee: \$8

Instructor: Lauren Lewellyn

#209063	Sep 11-25	M	10:00 AM-10:45 AM
#209064	Oct 2-30	M	10:00 AM-10:45 AM
#209065	Nov 6-27	M	10:00 AM-10:45 AM
#209066	Dec 4-18	M	10:00 AM-10:45 AM
#209067	Sep 1-29	F	10:00 AM-10:45 AM
#209068	Oct 6-27	F	10:00 AM-10:45 AM
#209069	Nov 3-24	F	10:00 AM-10:45 AM
#209070	Dec 1-29	F	10:00 AM-10:45 AM

Lake Lynn Community Center

Course Fee: \$8

Instructor: Lauren Lewellyn

#209071	Oct 3-31	Tu	9:00 AM-9:45 AM
#209072	Nov 7-28	Tu	9:00 AM-9:45 AM
#209073	Dec 5-19	Tu	9:00 AM-9:45 AM
#209074	Oct 5-26	Th	9:00 AM-9:45 AM
#209075	Nov 2-30	Th	9:00 AM-9:45 AM
#209076	Dec 7-28	Th	9:00 AM-9:45 AM
#209089	Sep 5-26	Tu	9:00 AM-9:45 AM
#209090	Sep 7-28	Th	9:00 AM-9:45 AM

Powell Drive Park

Course Fee: \$8

Instructor: Bill Unger

#209077	Sep 5-26	Tu	1:00 PM-1:45 PM
#209078	Oct 3-31	Tu	1:00 PM-1:45 PM
#209079	Nov 7-28	Tu	1:00 PM-1:45 PM
#209080	Dec 5-19	Tu	1:00 PM-1:45 PM
#209081	Sep 7-28	Th	1:00 PM-1:45 PM
#209082	Oct 5-26	Th	1:00 PM-1:45 PM
#209083	Nov 2-30	Th	1:00 PM-1:45 PM
#209084	Dec 7-28	Th	1:00 PM-1:45 PM

Tarboro Road Community Center

Course Fee: \$0

Instructor: Dana Kincaid

#209085	Sep 1-29	W/F	10:00 AM-10:45 AM
#209086	Oct 4-27	W/F	10:00 AM-10:45 AM
#209087	Nov 1-29	W/F	10:00 AM-10:45 AM
#209088	Dec 1-29	W/F	10:00 AM-10:45 AM

SENIORS IN MOTION

This class includes stretching and flexibility movements, as well as low-impact cardio exercise, strength training with light weights and other toning elements. Instructor: Bettie Ittenbach

Laurel Hills Community Center

Course Fee: \$8

#209181	Sep 6-27	W	10:15 AM-11:15 AM
#209182	Oct 4-25	W	10:15 AM-11:15 AM
#209184	Nov 1-29	W	10:15 AM-11:15 AM
#209185	Dec 6-27	W	10:15 AM-11:15 AM
#209186	Sep 1-29	F	10:15 AM-11:15 AM
#209187	Oct 13-27	F	10:15 AM-11:15 AM
#209188	Nov 3-17	F	10:15 AM-11:15 AM
#209183	Dec 1-29	F	10:15 AM-11:15 AM

FITNESS CLASSES

SILVER CARDIO

Classes start with basic warm-up moves, followed by 30 minutes of constant low-impact moves with a burst of fun moves, such as gentle boxing, floor exercises and balance elements. You'll break a sweat and have lots of fun! This is an intermediate level class.

Instructor: Bettie Ittenbach.

Five Points Center for Active Adults			Course Fee: \$8
#211414	Sep 7-28	Th	1:00 PM-2:00 PM
#211415	Oct 5-Nov 2	Th	1:00 PM-2:00 PM
#211416	Nov 2-30	Th	1:00 PM-2:00 PM
#211417	Dec 7-28	Th	1:00 PM-2:00 PM

TAI CHI CHIH

Tai chi chih consists of 19 flowing moves to balance and circulate energy (chi). Students of all levels experience benefits such as decreased stress and anxiety, improved balance and increased muscle flexibility. Instructor: Adrienne McKenzie.

Five Points Center for Active Adults			Course Fee: \$8
<i>Beginner Level</i>			
#211421	Sep 11-25	M	10:30 AM-11:30 AM
#211422	Oct 2-30	M	10:30 AM-11:30 AM
#211423	Nov 6-27	M	10:30 AM-11:30 AM
#211424	Dec 4-18	M	10:30 AM-11:30 AM
<i>Intermediate Level</i>			
#211425	Sep 11-25	M	11:30 AM-12:30 PM
#211426	Oct 2-30	M	11:30 AM-12:30 PM
#211427	Nov 6-27	M	11:30 AM-12:30 PM
#211428	Dec 4-18	M	11:30 AM-12:30 PM

TAI CHI FOR ACTIVE ADULTS

Tai chi is a low-impact, slow-motion exercise consisting of a series of motions that can be adapted for any fitness level. Movements are modified by the instructor on an individual basis for safety and stability. Tai chi is an ancient form of movement that promotes health and improves coordination, balance and mental focus. Exercising the mind and body together increases self-confidence and mindfulness and creates better balance physically and mentally. Tai chi can also help reduce effects of many chronic conditions. Beginner Sun Style: The Sun Style 21 forms has easy-to-learn movements. Focus will be on balance and relaxation for a feeling of well-being. Intermediate Sun Style: This is a continuation of the beginner class. This class will increase your endurance and your mental acuity. Learn to step with more agility and direction to increase your balance and coordination. Advanced Sun Style: This is a continuation of the intermediate class progressing to 73 forms. This class will challenge

your balance and concentration. Advanced Various Styles: This class will explore styles including the most popular Yang 24 forms, as well as some Chen style movements. Previous experience is required.

Anne Gordon Center for Active Adults Course Fee: \$8

<i>Beginner Sun Style</i>			
#210424	Sep 11-25	M	1:00 PM-1:45 PM
#210425	Oct 2-30	M	1:00 PM-1:45 PM
#210426	Nov 6-27	M	1:00 PM-1:45 PM
#210427	Dec 4-18	M	1:00 PM-1:45 PM
#210420	Sep 7-28	Th	1:30 PM-2:15 PM
#210421	Oct 5-26	Th	1:30 PM-2:15 PM
#210422	Nov 2-30	Th	1:30 PM-2:15 PM
#210423	Dec 7-28	Th	1:30 PM-2:15 PM

<i>Intermediate Sun Style</i>			
#210436	Sep 11-25	M	2:00 PM-2:45 PM
#210437	Oct 2-30	M	2:00 PM-2:45 PM
#210438	Nov 6-27	M	2:00 PM-2:45 PM
#210439	Dec 4-18	M	2:00 PM-2:45 PM
#210432	Sep 7-28	Th	2:30 PM-3:15 PM
#210433	Oct 5-26	Th	2:30 PM-3:15 PM
#210434	Nov 2-30	Th	2:30 PM-3:15 PM
#210435	Dec 7-28	Th	2:30 PM-3:15 PM

<i>Advanced Sun Style</i>			
#210440	Sep 7-28	Th	12:30 PM-1:15 PM
#210441	Oct 5-26	Th	12:30 PM-1:15 PM
#210442	Nov 2-30	Th	12:30 PM-1:15 PM
#210443	Dec 7-28	Th	12:30 PM-1:15 PM

<i>Advanced Various Styles</i>			
#210428	Sep 11-25	M	3:00 PM-3:45 PM
#210429	Oct 2-30	M	3:00 PM-3:45 PM
#210430	Nov 6-27	M	3:00 PM-3:45 PM
#210431	Dec 4-18	M	3:00 PM-3:45 PM

TOTAL BODY CONDITIONING

This class will strengthen your mind and body! Improve your quality of life by building strength and balance, which are essential to maintaining physical independence. Instructor: Sue Payne

Five Points Center for Active Adults			Course Fee: \$8
#211433	Sep 5-26	Tu	1:00 PM-1:45 PM
#211434	Oct 3-31	Tu	1:00 PM-1:45 PM
#211435	Nov 7-28	Tu	1:00 PM-1:45 PM
#211436	Dec 5-19	Tu	1:00 PM-1:45 PM
#211437	Sep 7-28	Th	1:00 PM-1:45 PM
#211438	Oct 5-26	Th	1:00 PM-1:45 PM
#211439	Nov 2-30	Th	1:00 PM-1:45 PM
#211440	Dec 7-28	Th	1:00 PM-1:45 PM

TOTAL BODY TONING

Weight-bearing exercise is especially important as we age. This intermediate level class incorporates hand weights, resistance tubing and our own body weight to provide resistance, build strength and improve flexibility of the joints. Instructor: Tina Brown

Five Points Center for Active Adults			Course Fee: \$8
#211452	Sep 6-27	W	11:30 AM-12:15 PM
#211453	Oct 4-25	W	11:30 AM-12:15 PM
#211454	Nov 1-29	W	11:30 AM-12:15 PM
#211455	Dec 6-27	W	11:30 AM-12:15 PM
#211456	Sep 1-29	F	11:30 AM-12:15 PM
#211457	Oct 6-27	F	11:30 AM-12:15 PM
#211458	Nov 3-17	F	11:30 AM-12:15 PM
#211459	Dec 1-29	F	11:30 AM-12:15 PM

YOGA- CHAIR YOGA

This beginning class includes stretches to increase range of motion, simple balancing poses to strengthen muscles that support joints and breath awareness to calm and release tension. All standing poses may be done with the support of a chair. Students should provide their own yoga mat.

Anne Gordon Center for Active Adults Course Fee: \$8

Instructor: Mary Flournoy

#209650	Sep 7-28	Th	10:30 AM-11:30 AM
#209651	Oct 5-26	Th	10:30 AM-11:30 AM
#209652	Nov 2-30	Th	10:30 AM-11:30 AM
#209653	Dec 7-28	Th	10:30 AM-11:30 AM
#209654	Sep 11-25	M	9:15 AM-10:15 AM
#209655	Oct 2-30	M	9:15 AM-10:15 AM
#209656	Nov 6-27	M	9:15 AM-10:15 AM
#209657	Dec 4-18	M	9:15 AM-10:15 AM

Five Points Center for Active Adults Course Fee: \$8

Instructor: Rose Parli

#209642	Sep 5-26	Tu	11:30 AM-12:45 PM
#209643	Oct 3-31	Tu	11:30 AM-12:45 PM
#209644	Nov 7-21	Tu	11:30 AM-12:45 PM
#209645	Dec 5-19	Tu	11:30 AM-12:30 PM
#209646	Sep 7-28	Th	11:30 AM-12:45 PM
#209647	Oct 5-26	Th	11:30 AM-12:45 PM
#209648	Nov 2-30	Th	11:30 AM-12:45 PM
#209649	Dec 7-28	Th	11:30 AM-12:45 PM

Walnut Terrace Neighborhood Center Course Fee: \$0

Instructor: Dana Kincaid

#209658	Sep 6-27	W	9:00 AM-9:45 AM
#209659	Oct 4-25	W	9:00 AM-9:45 AM
#209660	Nov 1-29	W	9:00 AM-9:45 AM
#209661	Dec 6-27	W	9:00 AM-9:45 AM

YOGA- GENTLE MAT YOGA

A fun and easy yoga class for all levels of skill and experience. Learn and explore ways to improve mobility, breathing, focus and comfort. Please bring your own mat and other yoga props will be available. This free class is being offered by the non-profit 'You Call This Yoga'.

Anne Gordon Center for Active Adults			Course Fee: \$0
#210451	Sep 5-26	Tu	12:30 PM-1:45 PM
#210452	Oct 3-31	Tu	12:30 PM-1:45 PM
#210453	Nov 7-28	Tu	12:30 PM-1:45 PM
#210454	Dec 5-19	Tu	12:30 PM-1:45 PM

YOGA- ADAPTIVE CHAIR YOGA

Enjoy a this class with the use of a chair, adding support and stability to your yoga. We are open to all skill sets, from first timers to longtime yogi. Explore a stronger connection with your body, build strength and balance while relaxing the mind. We focus on posture, breathing and gentle movements on and off of the chair. We welcome people with and without physical challenges. Bring two bath towels if possible. This free class is being offered by the non-profit 'You Call This Yoga'. Contact Howie with questions 919-522-2646.

Anne Gordon Center for Active Adults Course Fee: \$0

#210460	Sep 7-28	Th	3:30 PM-4:45 PM
#210461	Oct 5-26	Th	3:30 PM-4:45 PM
#210462	Nov 2-30	Th	3:30 PM-4:45 PM
#210463	Dec 7-28	Th	3:30 PM-4:45 PM

YOGA- VINYASA YOGA FLOW

Vinyasa yoga links breath and movement as it takes you through a fluid sequence of poses. A sequence may move from mat to standing and back to the mat and thus requires the ability to move up and down with relative ease. Class will open with warm-up and alignment work and end with stretches and relaxation. Yoga, exercise or movement experience is strongly recommended. Please bring your own yoga mat.

Five Points Center for Active Adults Course Fee: \$8

Instructor: Sierra Luz

#211494	Sep 5-26	Tu	3:00 PM-4:00 PM
#211495	Oct 3-31	Tu	3:00 PM-4:00 PM
#211496	Nov 7-28	Tu	3:00 PM-4:00 PM
#211497	Dec 5-19	Tu	3:00 PM-4:00 PM

Instructor: Rose Parli

#211498	Sep 7-28	Th	7:15 PM-8:15 PM
#211499	Oct 5-26	Th	7:15 PM-8:15 PM
#211500	Nov 2-30	Th	7:15 PM-8:15 PM
#211501	Dec 7-28	Th	7:15 PM-8:15 PM

FITNESS CLASSES

YOGA- GENTLE YOGA FOR BEGINNERS

This gentle approach to yoga is structured to accommodate students of all levels and physical abilities. The yoga poses and exercises will be done standing, sitting in a chair, leaning against the wall for support and using a floor mat. Each class incorporates yoga breathing exercises to help improve lung capacity and focus and a period of deep relaxation or meditation. This is a beginner level class.

Anne Gordon Center for Active Adults

Course Fee: \$8

Instructor: Mary Flournoy

#209092	Sep 11-25	M	10:30 AM-11:30 AM
#209093	Oct 2-30	M	10:30 AM-11:30 AM
#209094	Nov 6-27	M	10:30 AM-11:30 AM
#209095	Dec 4-18	M	10:30 AM-11:30 AM
#209096	Sep 6-27	W	3:30 PM-4:30 PM
#209097	Oct 4-25	W	3:30 PM-4:30 PM
#209098	Nov 1-29	W	3:30 PM-4:30 PM
#209099	Dec 6-27	W	3:30 PM-4:30 PM
#209100	Sep 7-28	Th	9:15 AM-10:15 AM
#209101	Oct 5-26	Th	9:15 AM-10:15 AM
#209102	Nov 2-30	Th	9:15 AM-10:15 AM
#209103	Dec 7-28	Th	9:15 AM-10:15 AM

Five Points Center for Active Adults

Course Fee: \$8

Instructor: Kathryn Clarke

#209108	Sep 11-25	M	3:15 PM-4:15 PM
#209109	Oct 2-30	M	3:15 PM-4:15 PM
#209110	Nov 6-27	M	3:15 PM-4:15 PM
#209111	Dec 4-18	M	3:15 PM-4:15 PM

Instructor: Alda Biddell

#209112	Sep 6-27	W	3:15 PM-4:15 PM
#209113	Oct 4-25	W	3:15 PM-4:15 PM
#209114	Nov 1-29	W	3:15 PM-4:15 PM
#209115	Dec 6-27	W	3:15 PM-4:15 PM

Tarboro Road Community Center

Course Fee: \$0

Instructor: Dana Kincaid

#209104	Sep 1-29	W/F	11:00 AM-11:45 AM
#209105	Oct 4-27	W/F	11:00 AM-11:45 AM
#209106	Nov 1-29	W/F	11:00 AM-11:45 AM
#209107	Dec 1-29	W/F	11:00 AM-11:45 AM

ZUMBA GOLD® CHAIR

Seated classes are offered for people who have limited mobility, are recovering from injuries, are getting back to exercising again, or have any other reason for not feeling ready to participate in a standing class. Come exercise to the beat of fun dance music. Benefits include improved posture, muscle strength, endurance, balance, flexibility, range of motion, mental awareness and ability to accomplish day-to-day activities. Instructor- Maria Bolanz

Anne Gordon Center for Active Adults

Course Fee: \$8

#210464	Sep 5-26	Tu	1:00 PM-1:45 PM
#210465	Oct 3-31	Tu	1:00 PM-1:45 PM
#210466	Nov 7-28	Tu	1:00 PM-1:45 PM
#210467	Dec 5-19	Tu	1:00 PM-1:45 PM

ZUMBA® GOLD

Golden Zumba is known for zesty Latin and international music, easy to-follow moves and an invigorating party-like atmosphere! This dance-fitness class feels friendly and, most of all, it's fun! This is an intermediate level class.

Anne Gordon Center for Active Adults

Course Fee: \$8

Instructor: Maria Bolanz

#210468	Sep 5-26	Tu	9:15 AM-10:00 AM
#210469	Oct 3-31	Tu	9:15 AM-10:00 AM
#210470	Nov 7-28	Tu	9:15 AM-10:00 AM
#210471	Dec 5-19	Tu	9:15 AM-10:00 AM
#210472	Sep 7-28	Th	1:00 PM-1:45 PM
#210473	Oct 5-26	Th	1:00 PM-1:45 PM
#210474	Nov 2-30	Th	1:00 PM-1:45 PM
#210475	Dec 7-28	Th	1:00 PM-1:45 PM

Five Points Center for Active Adults

Course Fee: \$8

Instructor: Linda Thomas

#210476	Sep 5-26	Tu	12:00 PM-12:45 PM
#210477	Oct 3-31	Tu	12:00 PM-12:45 PM
#210478	Nov 7-28	Tu	12:00 PM-12:45 PM
#210479	Dec 5-19	Tu	12:00 PM-12:45 PM

Instructor: Maria Bolanz

#210480	Sep 1-29	F	12:30 PM-1:15 PM
#210481	Oct 6-27	F	12:30 PM-1:15 PM
#210482	Nov 3-17	F	12:30 PM-1:15 PM
#210483	Dec 1-29	F	12:30 PM-1:15 PM

The Adult Program classes are developed to meet the needs of adults age 50 and better, however an adult of any age may register for these programs.

SOCIAL CLASSES

BINGO

This is not your typical bingo. We play a variety of games each day including: straight bingo, Four Corners, Postage Stamp and Cover All. Cost is \$1 for three cards or 50 cents per card.

Anne Gordon Center for Active Adults Course Fee: \$0
#210375 Sep 1-Dec 29 F 9:30 AM-12:00 PM

BRIDGE FOR ACTIVE ADULTS - OPEN PLAY

Join other bridge players for this open play program. All experience levels are welcome.

Five Points Center for Active Adults Course Fee: \$0
#209428 Sep 6-Dec 27 W 9:30 AM-12:30 PM
#209426 Sep 7-Dec 28 Th 10:00 AM-12:00 PM
#209427 Sep 1-Dec 29 F 12:30 PM-3:00 PM

CARDS AND MAHJONG OPEN PLAY

Want to play bridge, canasta, poker, mahjong or more with your friends? Have you not played in a while and want to freshen up your skills? This is an open play time for all. Bring your supplies or use ours.

Anne Gordon Center for Active Adults Course Fee: \$0
#210377 Sep 5-Dec 19 Tu 12:30 PM-4:00 PM
#210378 Sep 6-Dec 27 W 1:00 PM-3:00 PM
#210379 Sep 1-Dec 29 F 12:30 PM-4:00 PM

FREE CHOICE

This is an opportunity to pick an activity of your choice; we have cards, mah jongg, Xbox fitness, a variety of movies, board games and lots more! You can bring your own games and fun! This is a great way to meet new people and socialize with peers in your local community.

Walnut Terrace Neighborhood Center Course Fee: \$0
#211302 Sep 7-Dec 29 Th-F 9:00 AM-6:00 PM

MAH JONGG

Mah jongg is a tile game that can be traced back to the 1800s. A growing number of people are realizing the intellectual challenge mah jongg poses and the beauty and excitement of the game itself.

Five Points Center for Active Adults Course Fee: \$0
Beginner Level

#210327 Sep 7-28 Th 2:00 PM-4:00 PM

Intermediate Level

#210329 Oct 5-26 Th 2:00 PM-4:00 PM

Open Play

#210331 Sep 7-Dec 28 Th 2:00 PM-4:00 PM

#213410 Sep 1-Dec 30 F 12:30 PM-3:30 PM

Greystone Community Center Course Fee: \$0

Beginner Level

#210328 Oct 2 M 2:00 PM-4:00 PM

Intermediate Level

#210330 Nov 6 M 2:00 PM-4:00 PM

Open Play

#210332 Dec 4 M 2:00 PM-4:00 PM

MEN'S MONDAY MORNINGS

Men, are you looking for a place to hang out, play some games and socialize that is for guys only? Men's Monday Mornings is just what you are looking for. Drop in and enjoy coffee and an easy and fun game of video bowling. Card games, cornhole and other games are also possibilities. Or just pop in for a visit.

Anne Gordon Center for Active Adults Course Fee: \$0
#210414 Sep 11-Dec 18 M 9:00 AM-12:00 PM

READ AND GO

Are you an avid reader? Do you like to travel? The Read and Go series combines the best of these two activities. Participants will read a select group of fiction and nonfiction books based on North Carolina locations and then travel to these sites to explore the areas the books are based upon.

Read and Go Mailing List

#209199

Anne Gordon Center for Active Adults

The Things We Wish Were True

Course Fee: \$0

#203519 Sep 25 M 1:00 PM-3:30 PM

Legwork

Course Fee: \$0

#203520 Oct 23 M 1:00 PM-3:30 PM



SOCIAL CLASSES

READ AND WATCH

Enjoy reading and watching movies? We have selected authors who have had movies created based on their books. Read the book, have a book discussion then watch the movie that is based on the book. Due to the popularity of this program, pre-registration is required. Find the Read and Watch list on the web at www.raleighnc.gov Keyword search: Adult Programs or call us at 919-996-4720.

Anne Gordon Center for Active Adults Course Fee: \$0

Out of Africa

#203526 Nov 27 M 1:00 PM-3:30 PM

The Revised Fundamentals of Caregiving Course Fee: \$0

#203527 Dec 18 M 1:00 PM-3:30 PM

WEDNESDAY MOVIES AT THE ANNE GORDON CENTER

Join your friends to enjoy a recently released movie or a popular classic from the silver screen. Bring your own popcorn, snacks, and drinks. We have a microwave available for your use and the drink and candy machines cost \$1 each. The movies are free. You will be asked to sign-in upon arrival.

Anne Gordon Center for Active Adults

Course Fee: \$0

#210504 Sep 6-Dec 27 W

1:30 PM-4:00 PM

SPORTS CLASSES

PICKLEBALL WORKSHOPS

Pickleball is a racquet sport that combines elements of badminton, tennis and table tennis. Two, three or four players use solid paddles made of wood or composite materials to hit a perforated polymer ball, similar to a wiffle ball, over a net. Experienced volunteer players offer free workshops to players of all levels, from beginners with new or minimal knowledge of the game and rules to intermediate players who have developed consistency in their serves and returns with the ability to direct the ball.

Five Points Center for Active Adults Course Fee: \$0

#209039 Sep 1-Dec 15 F 9:00 AM-2:15 PM

Tarboro Road Community Center Adults Course Fee: \$0

#209042 Sep 14-Dec 28 Th-F 10:30 AM-2:00 PM

PICKLEBALL-OPEN PLAY

Pickleball is a wonderful fitness and social activity that combines aspects of racquetball, tennis and table tennis. It is played on a smaller version of a tennis court. No experience is necessary, and all equipment is provided.

Five Points Center for Active Adults

Course Fee: \$0

#211233 Sep 1-Dec 29 W

12:30 PM-3:00 PM

F 2:00 PM-5:30 PM

TABLE TENNIS FREE PLAY

Learn to play table tennis. All ability levels are welcome.

Five Points Center for Active Adults

Course Fee: \$0

#211420 Sep 11-Dec 18 M

1:00 PM-3:00 PM

GOLDEN YEARS CLUBS

Clubs are composed of persons age 50 and better. Anyone meeting the age requirements may join. Club activities vary from club to club and may include social, trips, cards, games, speakers, and luncheons. Please contact the club liaison for more information.

Asbury Joy Club

Asbury UMC
3rd Thursday, 11am
Velma (919) 847-0775

Brier Creek Senior Club

Brier Creek Comm. Center
Tuesdays, 10am
Scott (919) 420-2340

Caraleigh Club

Caraleigh Comm. Clubhouse
Tuesdays, 10am
Mary Lou (919) 846-0492

Carolina Pines Club

Carolina Pines Comm. Center
2nd Wednesday, 10:30am
Tonya (919) 831-6435

Chavis Circle of Friends

John Chavis Community Cen.
4th Wednesday, 11am
Denise (919) 831-6989

Fellowship Club

West Raleigh Presbyterian Ch
2nd/4th Tuesday, 10am
Melvin (919) 851-7900

Fifty-Five Plus Club

Anne Gordon Center
Wednesdays, 10am
Jane (919) 872-3006

First Cosmopolitan Club

First Cosmopolitan Baptist Ch
3rd Wednesday, 1pm
Gene (919) 266-1222

G.E.M.S.

Watts Chapel
Wednesday after the 1st/3rd
Sunday, 10:30am
Connie (919) 418-3743

Go-Getters Club

2nd/4th Thursday, 10am
Lauren (919) 612-5164

Golden Eagles Club

Top Greene Center
2nd Wednesday, 11am
Carletta (919) 996-2730

Golden Jewels

St. Paul AME Church
Wednesdays, 10am
Vallarie (919) 789-3366

Grand Age Club

Hayes Barton United Methodist
Thursdays, 11:15am
Margie (919) 467-0572

Heddingham Hi-Milers

Willow Oak Clubhouse
2nd Tuesday, 10:00am

Keenagers Club

White Memorial Presbyterian
Thursdays, 10:30am
Judy (919) 834-3424

Lake Lynn Seniors

Lake Lynn Comm. Center
Tuesdays, 10am
Ellie (919) 365-5447

Lions Park Club

Lions Park Comm. Center
1st Wednesday, 10am
Christie (919) 831-6995

NRUMC—Joy Club

North Raleigh UMC
1st, 2nd, 3rd, 5th Wed, 11am
Cletha (919) 847-5988

Parkview Manor

Parkview Manor Apartments
2nd Tuesday, 2:00pm
Juanita (919) 821-7728

Platinum Plus

Ralph Campbell Center
Wednesdays, 10:30am
Rickey (919) 250-2757

Pullen Park Club

Pullen Park Comm. Center
Wednesdays, 10am
Jane (919) 785-1245

Quail Hollow Club

Eastgate Center
Wednesdays, 9:45am
Susan (919) 870-0557

Roberts Park SR Club

Roberts Park Comm. Cntr
Tuesdays, 11am
Sherri (919) 831-6830

Smiling Age Club

Biltmore Hills Comm. Center
Tuesdays, 10am
Kenny (919) 831-6895

Snappy Seniors

Marsh Creek Comm. Center
1st and 3rd Monday, 10am
Dorothy (704) 928-6613

St. Francis of Assisi 55+ Club

St. Francis of Assisi Parish
2nd/4th Wednesday, 12pm
Kathy (919) 848-1557

St. Joseph's Seniors

St. Joseph's Catholic Church
1st Tuesday, 12pm
4th Thursday Dinner
Liz (919) 872-2917

The Trailblazers

Mt. Pleasant Baptist Church
10720 Falls of the Neuse Rd
2nd Tuesday 10:30am
Lizzie (919) 847-0831

Thirty-Niners Club

First Baptist Church
Thursdays, 10:30am
Mary Alice (919) 832-4485

Touch of Love

St. Matthew Baptist Church
Wed after the 2nd/4th Sun,
10:30am
Dee (919) 630-0320

Trinity JOY Club

Trinity UMC
3rd Tuesday, 11am
Barbara (919) 878-3635

Wakefield Villagers Club

Villages of Wakefield
2nd/4th Tuesday, 9am
Margaret (919) 556-9541

Worthdale Walkers Club

Worthdale Comm. Center
Thursdays, 11am
Carletta (919) 996-2730

Young at Heart Club

Five Points Adult Center
2nd/4th Wednesday, 10am
Brenda (919) 834-8170

This information is not to be used for solicitation purposes. If you are interested in sharing information with the Golden Years Club members contact Carmen Rayfield at Carmen.rayfield@raleighnc.gov.

ADULT PROGRAM TRIPS

The Adult Program provides a variety of day and multi-day trips throughout the year. Trips are geared towards those 50 years and better; however trips are open to all adults, including those who do not live in Raleigh. Trip fliers and registration forms can be found on the website at www.raleighnc.gov, keyword search "Adult Programs" or by calling one of the Active Adult Centers. If you are interested receiving informational fliers on all trips, just ask the staff for an Adult Program Trip Brochure. This brochure offers a request form that allows you the opportunity to receive information on all of the trips you are interested in via email or mail once the trip details have been finalized and the individual trip flier is available.

2017 ONE-DAY TRIPS

September - NC Beach - Want a day just to go to the beach, relax and enjoy the day? Sit on the beach and soak up the sun, take a walk along the shore finding those perfect seashells or do some light shopping.

October - Fading D Farm - Discover the uniqueness of raising Water Buffalo, learn about cheese making and how this small family owned farm began.

November - Wytheville, VA - Enjoy a delicious Holiday feast at Wolfhart Haus Dinner Theatre, as your dazzled with dance numbers, beautiful costumes and songs you know and love.

December - Mebane, NC - Winter evenings are an amazing time to visit the critters at the Conservators Center. The lions, tigers, and wolves are energized by the brisk temperatures calling out to one another as the winter moon rises in the sky.

MULTI-DAY TRIPS

Canyon Country - Sept. 17 - 22, 2017, Behold the breathtaking view of the vast Grand Canyons and the wonders of the colors that fill the land. Travel through the canyons on two rail journeys: Grand Canyon Railway and Verde Canyon Railroad. Visit the Oak Creek Canyon, Chapel of the Holy Cross, Montezuma Castle, Jerome and much more.

Winter Holidays in New Orleans - Dec. 3 - 7, 2017, Spend the holiday season in the "Jazz Capital of the World" filled with rich history and mouth-watering Cajun and Creole Cuisine. Be amazed at the French Quarters as it is dressed up in its holiday lights and filled with the sounds of music.

Costa Rica - February 14-22, 2017, Explore the natural wonders this tropical paradise is known for; rain forests, golden brown beaches and active volcano craters. Get closer than imagined to monkeys, sloths, birds and other wildlife.

Don't miss out on trip fliers/registration information! Go to parks.raleighnc.gov to sign up for MyRaleigh Subscription by clicking the link located on the right side of the page.

ADDITIONAL RESOURCES

RESOURCES FOR SENIORS

Susan McGuire
Email: raleighsc@rfsnc.org
919-996-4738
www.resourcesforseniors.com

Resources for Seniors has an Information and Referral Specialist housed at the Five Points Center for Active Adults and is available by appointment to meet one on one with individuals at the Anne Gordon Center for Active Adults.

MEALS ON WHEELS

919-996-4739
www.wakemow.org

The Five Points Center for Active Adults is a Meals on Wheels Congregate Lunch site. The congregate lunch program serves anyone who is 60 or older and can get to the Active Adult Center. You must call first for a reservation and complete an application upon arrival.



Parks,
Recreation and
Cultural Resources
parks.raleighnc.gov